

WARNING SIGNS OF AN IMPENDING SUICIDE

**Educate yourself and your soldiers about
the warning signs of suicide.**

A person may be suicidal if he or she:

- Appears depressed: is sad, tearful, confused, exhibits poor sleep patterns (sleeps too much, too little) and /or poor appetite (eats too much/too little), expresses lack of hope;
- Threatens suicide;
- Talks about wanting to die;
- Shows marked changes in behavior, appearance, or mood;
- Abuses drugs, alcohol;
- Has experienced a significant loss: a financial reversal, a loss of social status; a break-up in a relationship or a divorce;
- Deliberately injures self;
- Gives away possessions;
- Withdraws from social and outside activities.

Important Telephone Numbers:

- Toll free Suicide Prevention Helpline (National Crisis Helpline):
1-888-SUICIDE **(1-888-784-2433)**
(sponsored and operated by Suicide Awareness Voices of Education -- SAVE).
- Unit Chaplain_____
- Medical Emergency_____
- Military Police_____